Bohemian potato dumplingsYA25

Number of Servings: 25 (69.26 g per serving)

Amount	Measure	Ingredient
4.00	cup	Mashed Potatoes, Naturally REAL, low so
2.00	ea	Eggs, whole, raw, lrg
1/4	tsp	Salt, table, iodized
4.00	cup	Flour, all purpose, white, bleached, enrich
2.00	tsp	Baking Powder, double acting

Nutrients per serving

Nutrition Facts

Serving Size (69g)
Servings Per Container

Amount Per Serving

Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 85mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Mashed potatoes may be made from fresh potatoes cooked without salt.
Place mashed potatoes in a mixing bowl. Add eggs, salt, baking powder and flour. Mix gradually until the batter is ready to form. Form approx 4T. dough (or #16 scoop) into a logs about the shape of a 4" hot dog. If the dough is sticky, add a bit more flour.
Drop the dumplings in boiling water and cover for 20-30 minutes. Serve 1 dumpling/serving
1 serving = 1 CS
Food Handling :
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :
- Cook to an internal temperature of 165 F for 15 seconds.

Holding :
- Hold for hot service at an internal temperature of 135 F or higher.

Notes

Dumplings are made without the baking powder in some communities.
This recipe is from Yankton-Tabor